

# Your guide to the *best sleep ever*

Struggling to get enough shut-eye as the big day approaches? Ensure you get all the kip you need before saying 'I do' with these smart sleeping hacks



From guest-list gripes to last-minute dress dramas, it's little wonder that so many brides-to-be find themselves tossing and turning late into the night. But getting less than your eight hours of slumber can leave you feeling increasingly agitated, anxious and overwhelmed, and that's before the puffy eyes and lack of energy. So, what steps can you take to ensure your body gets all the rest it needs? We've rounded up the very best sleep solutions guaranteed to stop you yawning through your vows.

## The apps

Everyone's heard – and ignored – the no-phone-before-bed rule, but we reckon science can let it slide if you're using tech to catch some zzzs, right? Swap late-night Instagram scrolling for an app that lures you into a peaceful slumber, like Calm, with its library of music, stories and more than 100 guided meditations. Headspace is another great choice if you're often jolted awake by bad dreams; created by a former Buddhist monk (of course), the app features quick meditation techniques that'll ease you back into the land of nod. "Meditation's a great way to switch off," adds Alison Francis, aka Anandi The Sleep Guru. "It's not about forcing your mind to be quiet but finding the gap between your thoughts." Alternatively, if you want to track your snoozing, Sleep Cycle is an intelligent alarm clock that wakes you during 'light sleep', eliminating morning grogginess.

## The podcasts

Fed up of those niggling wedmin worries hitting you just before bed? Try podcasts, advises sleep expert Dr Neil Stanley:



Sleep With Me podcast, [itunes.com](https://itunes.com) Sleep Cycle app, [apple.com](https://apple.com) Calm app, [apple.com](https://apple.com); all free

"If you're listening to the radio or a podcast, it distracts your brain from the stresses of the day without you having to pay close attention." Start with *Sleep With Me*, a show that sees host Drew Ackerman deliver a rambling monologue on a range of dull topics to lull you into a natural doze. *Sleep Whispers*, a podcast recorded entirely in a hushed tone, is another effective solution; episodes span from Wikipedia page readings to poems and plays. Or how about a radio classic? With its comforting theme tune and sounds of waves rolling in the distance, *Desert Island Discs* is the ultimate in easy listening; but do check each guests' picks before hitting play – composers are usually a safe bet.

## The products

If restlessness is your reality, sleeping aids will become your best friends. For those who love a warm bath before bedtime (as recommended by the NHS), Tisserand Aromatherapy's new Sleep Better range, packed with pure essential oils like jasmine and sandalwood, is the ideal companion. A spritz of scent on your pillow is proven to work wonders, too – try This Works' Deep Sleep Pillow Spray, infused with lavender, vetiver and camomile. The self-heating Space Masks are a go-to for many, and with good reason – relieving tiredness, tension and eye strain, and, of course, few can fault the curative properties of herbal tea; add the lemon balm-based Sleep Tight brew from T2 to your shopping list. You'll be drifting into that REM cycle in no time... [W](https://www.thisworks.com)

## Lights out

Curb unnecessary nocturnal activity with these sleep cheats

Spacemasks (pack of five), **£15**, [harveynichols.com](https://harveynichols.com)



Sleep Better Aroma Spa Diffuser, **£39.95**, [tisserand.com](https://tisserand.com)

**T2**  
Sleep Tight tea bags (pack of 25), **£8**, [t2tea.com](https://t2tea.com)



Deep Sleep Pillow Spray, **£18**, [thisworks.com](https://thisworks.com)